



George discusses with us his first 10 days receiving meal delivery and how he lost 11 lbs. George is a Type II diabetic and he also was surprised to find that from day 1 his blood glucose levels were not only consistently well inside doctor recommended

safety zones (a new experience for him), but were lower than he has ever seen during his 12 years of trying to use diet change to help control his diabetes.

GEORGE'S TIMELINE OF IMPROVEMENT

<u>Last Blood Test</u>	<u>Day 2 of Meal Delivery</u>	<u>Day 10 of Meal Delivery</u>	<u>Follow Up Blood Test</u>
Dec 2008	Jan 22, 2009	Jan 31, 2009	Feb 25 & Mar 14, 2009
* Glucose: 120 - 140	* Glucose: 86 - 90	* Glucose: 86 - 90	* Glucose: 86 - 90
* HDL: 40 * LDL: 72		* Weight Loss: 11 Lbs	* HDL: 36 * LDL: 58
* TRI: 104 * BP: 130/80			* TRI: 81 * BP: 122/80
* A1C: 7.1			* A1C: 6.5 / 6.0 (the second A1C was taken on Mar 14, 2009. 6.0 is a normal, non-diabetic reading!)